

## St. Vrain Track Invitational - 2021

<b>8:30</b>	Coaches' Meeting	# of Heats		<b>8:15</b>	PV Check & Weigh In	<b>All Vaulters</b>
<b>9:00</b>	Girls 3200 Meter Run			<b>8:15</b>	Shot/Discus Weigh In	<b>All Throwers</b>
<b>9:30</b>	Boys 3200 Meter Run					
<b>10:00</b>	Girls 4x200 Meter Relay			<i>LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals</i>		
<b>10:20</b>	Boys 4x200 Meter Relay			<b>9:00</b>	Boys High Jump	Max 50
<b>10:45</b>	Girls 100 Meter Hurdles				5' 2", 5' 5", 5' 7.5", then 1"	
<b>11:10</b>	Boys 110 Meter Hurdles					
<b>11:35</b>	Girls 3200 Relay			<b>9:00</b>	Boys Long Jump	Max 50
<b>11:55</b>	Boys 3200 Relay				measuring over 18'	
<b>12:10</b>	Girls 100 Meter Dash			<b>9:00</b>	Girls Shot Put	Max 50
<b>12:40</b>	Boys 100 Meter Dash				measuring over 27'	
<b>1:10</b>	<b>Big O Coach 100 Prelims</b>			<b>9:00</b>	Girls Triple Jump	Max 50
<b>1:25</b>	Girls 400 Meter Dash				measuring over 28'	
<b>1:45</b>	Boys 400 Meter Dash			<b>9:00</b>	Boys Discus	Max 50
<b>2:20</b>	Girls 800 Meter Run				measuring over 100'	
<b>2:45</b>	Boys 800 Meter Run					
<b>3:20</b>	Girls 300 Meter Hurdles			<b>9:00</b>	Girls Pole Vault	Max 60
<b>3:50</b>	Boys 300 Meter Hurdles			Flight 1	Progressions TBD	
<b>4:25</b>	Girls 800 Medley Relay			Flight 2	Progressions TBD	
<b>4:30</b>	ATB USATF Open PV			<b>Noon</b>	Shot/Discus Weigh-in if needed	
<b>4:40</b>	<b>National Anthem</b>			<b>1:00</b>	Girls High Jump	Max 50
<b>5:00</b>	Boys 4x100 Meter Relay				4' 4", 4' 6.5", 4' 8.5", then 1"	
<b>5:25</b>	Girls 4x100 Meter Relay			<b>1:00</b>	Boys Shot Put	Max 60
					measuring over 37'	
<b>5:50</b>	<b>Unified/Paralympic 100</b>					
<b>6:00</b>	<b>Special Event: ATB Elite PV</b>			<b>1:00</b>	Girls Discus	Max 50
<b>6:00</b>	<b>Big O Coach Challenge 100</b>				measuring over 80'	
				<b>1:00</b>	Girls Long Jump	Max 50
<b>6:15</b>	Girls 200 Meter Dash				measuring over 14' 0"	
<b>6:50</b>	Boys 200 Meter Dash			<b>1:00</b>	Boys Triple Jump	Max 50
					measuring over 37'	
<b>7:35</b>	Girls 1600 Meter Run					
<b>8:15</b>	Boys 1600 Meter Run			<b>1:00</b>	Boys Pole Vault	Max 60
				Flight 1	Progressions TBD	
<b>Murray Kula Memorial 1600 Relays</b>				Flight 2	Progressions TBD	
<b>9:00</b>	Girls 4x400 Meter Relay					
<b>9:30</b>	Boys 4x400 Meter Relay					